

Foods High in Protein (14 Items)

A Y P E A N U T B U T T E R M W X
Z Z C N I M Y B M A O R E R E T M
D N O W D K A R O J Y E N O A M C
H I T J B E L E F J O Z P T T F K
L N T A E F M A G Z G J O G L V J
S R A S A K O D I Y U B G T X N A
O G G R N V N T C G R S S E G K I
Y O E R S X D O E C T E K U Q O P
B H C I B R S F C Q L Q M M Z O M
O Z H G V M K U R G W A K W Q N C
J P E H J M M A E G F R N E C P F
S Z E V L A I L A D V I C E H B L
S I S R L Z L C M F Z Q S H E E T
Z U E F E M K I Y E V G P P E E L
H I Z G J Q N N L G C R K L S O W
L L B K Y X L C H G D H X O E S H
V X N G F O K X L S C F V B D D M

cottage cheese
almonds
beans
meat
soy

peanut butter
cheese
bread
milk

ice cream
yogurt
eggs
tofu